



Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Program Name

Waupaca County NuAct (Nutrition/Activity) Coalition

Contact Information

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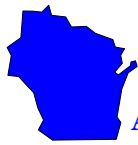
Program Information

Type of Program Coalition
Year Coalition was Formed 2003
Primary program focus Both Physical Activity & Nutrition
Region Northeastern
County Waupaca
Coalition Web Site Address www.uwex.edu/ces/cty/waupaca/wnep (UW-Extension website where NuAct has a link)

Program Information

Represented Groups on Coalition Business Community Faith-Based Government Health Care Health Dept Schools UW-EX WIC	Represented Professions on Coalition Business Citizen Rep Dietitian Educator Exercise Specialist Health Care Admin Nurse
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A Wisconsin Nutrition and Physical Activity Program



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Intervention Name **Movin' Communities**

Intervention Information

Type of Intervention:
Physical Activity Event
Focus Area:
General Physical Activity
Intervention Site or Setting:
Community
Scope of Intervention:
County
Target Audience:
All races and genders Ages 5-11, 12-19, 20-39, 40-59, 60-74, 75 +
Total Population in Area Served:
10,000+
Number of Participants:
We had approximately 300 participants completing this activity in 2004.
Implementation Status:
Annually in Spring

Partners:

Libraries and local fitness centers were drop off-sites for the completed tally sheets. The Waupaca County EAP Program for county employees and the Waupaca School District employees were all given payroll stuffers about this activity.

Unique Funding:

Evaluation:

Service Provision
Impact on Knowledge, Attitude & Behavior
- Survey

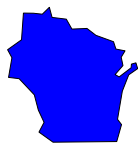
Evidence-Based or Best Practice based on
Program was modeled after DPI's Movin' Schools Program.

Products Developed or Materials Used:

A brochure, tracking mechanism and survey were developed.

Intervention Description:

Over a 6-week period, participants were asked to participate in a minimum of 20 minutes/day, on at least 5 days/week, of some type of physical activity. A short survey was given as to their present level of activity. They kept track of activities in a weekly log that was submitted to program organizers. At the end of the 6-week period, participants were asked questions on changes in their level of activity.



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Intervention Name Healthy Snack List

Intervention Information

Type of Intervention: Nutrition Resources
Focus Area: General Nutrition
Intervention Site or Setting: Other
Scope of Intervention: County
Target Audience: All races, genders and ages
Total Population in Area Served: 5000+
Number of Participants: 500+
Implementation Status: One-time

Partners: Churches, preschools, daycares
Unique Funding:
Evaluation: Units Provided Impact on attitude
Evidence-Based or Best Practice based on

Products Developed or Materials Used:

Healthy snack list

Intervention Description:

A Healthy Snack List and letter describing NuAct and the intended purposes of the list was mailed to area churches, preschools and daycares. It was intended to be used as an educational tool for the organizations themselves and for the participants of their services. An evaluation survey was mailed and follow-up was performed by tabulating the surveys and through phone calls.



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Intervention Name Healthy Concession List

Intervention Information

Type of Intervention: Nutrition Resources
Focus Area: General Nutrition
Intervention Site or Setting: School
Scope of Intervention: County
Target Audience: All races and genders Ages 5-11, 12-19, 20-39, 40-59, 60-74, 75 +
Total Population in Area Served: 5000+
Number of Participants: 100+
Implementation Status: Performed twice

Partners: All public and private schools in Waupaca County.
Unique Funding:
Evaluation: Units Provided Impact on Knowledge, Attitudes & Behavior - Survey
Evidence-Based or Best Practice based on

Products Developed or Materials Used:
Healthy Concession list Pre and post surveys

Intervention Description:

A Healthy Concession List was mailed to schools and those in charge of concession sales along with a letter discussing the value of healthier options for students. Pre and post surveys were also mailed to determine any changes in behavior and effectiveness of the list. Follow-up was conducted depending on the results of the surveys. This activity was completed in late 2003 and early 2004.

A Wisconsin Nutrition and Physical Activity Intervention



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Intervention Name School Breakfast Activities

Intervention Information

Type of Intervention: Physical Activity & Nutrition Event
Focus Area: General Physical Activity & Nutrition
Intervention Site or Setting: School
Scope of Intervention: County
Target Audience: All races and genders Ages 12-19
Total Population in Area Served: 800-1000
Number of Participants: 800-1000
Implementation Status: One time for each school

Partners: Waupaca Middle School and Weyauwega/Fremont High School Division of Public Health, Diabetes Program
Unique Funding: Division of Health, Diabetes Program
Evaluation: Service Provision – One-time Impact on Knowledge, Attitudes & Behavior - Survey
Evidence-Based or Best Practice based on

Products Developed or Materials Used:

Team Nutrition materials on breakfast; breakfast tip sheets from University of Vermont Extension and Blueprint for Health (Blue Cross/Blue Shield).

Intervention Description:

Free breakfast foods were offered to students, along with a program that included presentations/information on nutrition and physical activity.



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Intervention Name Waupaca Family Fun Fest

Intervention Information

Type of Intervention: Physical Activity & Nutrition Event
Focus Area: General Physical Activity & Nutrition
Intervention Site or Setting: Community
Scope of Intervention: County
Target Audience: All races and genders Ages 1-4, 5-11, 12-19, 20-39, 40-59, 60-74, 75 +
Total Population in Area Served: 10,000+
Number of Participants: 100
Implementation Status: One-time

Partners: The Division of Public Health provided the funding from a Center for Disease Control grant to focus on cardiovascular health.
Unique Funding: Division of Public Health-CDC grant for CVD Health
Evaluation: Service Provision – One-time Impact on Behavior – Survey
Evidence-Based or Best Practice based on

Products Developed or Materials Used:

Tipsheets from the Wis. Nut. Ed. Network's "Walk/Dance/Play" campaign were used. Other nutrition and physical activity materials from numerous sources were used, including: Dietary Guidelines for Americans, Food Guide Pyramid for Young Children, American Cancer Society, UWEX, Team Nutrition, and others.

Intervention Description:

A free "Fair" was held in Waupaca that included games and activities parents and children could participate in (bowling, bean bag toss, etc.), demonstrations on yoga, dance, and injury prevention, healthy snacks were offered, and manned informational tables on nutrition, physical activity, and cardiovascular health were offered. Families were invited to participate in all activities.